

Hartman S B

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LECTURE

ON

STAMMERING.

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STAMMERING.

Until the eighteenth century stammering was almost universally attributed to the work of witchcraft. It was next looked upon as being a disease, and every medicine known was administered faithfully and most perseveringly, with the hope of effecting a cure. The failure, however, was so universal that physicians finally discontinued all further efforts in despair. About fifty years ago, after Diefenbach had placed the operation for straightening cross eyes on a permanent basis, the thought occurred to some one that a similar operation on one or more of the muscles of the face or tongue might have a like corrective effect on stammerers. The medical journals took up the suggested idea, and soon the pros and cons were discussed on about an even pace, when a surgeon, in his enthusiasm, and impatient with the discussion, seized an opportunity and operated, cutting the levator labii superioris alaeque nasi. The stammerer was so impressed with the operation and the wonderful long name of the muscle that he never stammered thereafter. This apparently successful operation fired up the surgeons, and for a long time after they cut not only the levator labii superioris alaeque nasi, but every other levator and depressor of the lips, as well as the genio glosses, hyo glosses, and every other muscle of the tongue; but, unfortunately for the poor stammerers, not another one was cured, though many of them were maimed and deformed for life by the many operations, one after the other, that were performed upon their organs of speech; so that for the last twenty-five years these operations have dropped out of existence.

The first one operated upon recovered precisely as a lady not long since recovered from an

operation for an ovarian tumor that was not removed. The surgeons, after they had opened the abdomen, discovered that the case was a hopeless one; that neither the knife nor medicine could save her from a speedy death; so they closed the wound they had made and returned the patient to her bed to die. The patient knew she had been operated on, and, as a matter of course, she expected to recover, which she did, perfectly, within two months after the operation. The influence of her mind upon her body was greater than the skill of her surgeon.

In 1855, soon after I had hung out my sign notifying the people that I was a full-fledged M. D., a young man of a wealthy family called on me and wanted me to treat him for stammering, not having heard a word on this subject from the professors at college, and not even having read anything on the subject. I said to him: "You are too nervous to be treated scientifically right now. I will prescribe for you, and in three or four days call again, when I will commence the proper treatment." As soon as he was gone I looked up the subject in the books. I found nothing but theories that were exploded by absolute failures to cure. When he returned I told him that I was sorry to tell him that I could find no treatment that would cure him, but that I would investigate the subject, and, should he not find a cure elsewhere, I would see what I could do for him. I soon discovered that stammering is not a disease, but that it is a habit.

STAMMERING A HABIT.

Strictly speaking, stammering is not a disease at all, but a habit. The truth of this statement will appear from the following reflections. At least nine-tenths of those who stammer can sing without stammering. They are also able to speak fluently when surrounded by other noises which nearly drown the voice, and in times of

religious excitement praying long and eloquently without stammering. Others can speak quite well without stammering when in the open air and are sure that no one sees or hears them. It is also to be noticed that embarrassment or excitement will increase stammering, while on other occasions it is scarcely noticeable. It is self-evident that stammering can not be due to any physical disease, or else it would not behave in such a peculiar manner. It is quite impossible to imagine a disease that would disappear because a man wanted to swear or sing, but appear again as soon as he began to speak about ordinary business. There is no disease that is present in company and absent when the company is gone—that afflicts the patient in stillness, but leaves him as soon as a noise begins.

A few cases, cited to illustrate the above theory of stammering, will make my meaning more clear:

Mr. C. B., one of the worst stammerers I ever knew, declared to me in a private conversation with him on the subject that he could hold a conversation with his sweetheart and never stammer once. He also could talk to his mother without stammering; but, with the exception of these two persons, he could talk to no one without the most frightful and continuous stammering. In trying to give me these facts it was painful for me to witness his struggles against this terrible impediment of speech.

Mrs. O. B., a lady of refinement and culture, who was also a religious enthusiast, and who was entirely unable to speak or read without stammering, could pray fluently in private or public without any effort. Indeed, she had the reputation of being very gifted in prayer, exceeding in eloquence and pathos some of the most able divines.

A gentleman called on me at El Paso, Texas,

and in trying to tell me his name only partially succeeded after several minutes of terrible effort. This gentleman told me that it was nearly impossible to pronounce two words in succession unless he was swearing, when he could talk as fast as any one. I was somewhat incredulous as to the truth of his statements, and ventured to express my doubts. Being a very nervous man, he became irritated by my remarks and gave me a specimen of his linguistic ability in a hurricane of profanity, the like of which I never heard before or since, and yet in ordinary conversation he was hopelessly inarticulate.

I have met persons who would stammer only when beginning to speak, but, after getting fairly started in a sentence, they would articulate as well as anyone. Others find difficulty only with certain letters, the most frequent being M, L, R, C, W and Z. Then, again, there are those who, when tired, or unwell from any cause, stammer badly; but, on regaining their usual bodily vigor, entirely recover. There are hardly two cases alike in every particular, but each one presents some peculiarity which is not present in others.

STAMMERERS CLASSIFIED.

While each stammerer has some distinctive peculiarities, yet a sufficient uniformity of behavior among them exists to admit of their being arranged into three classes with some degree of accuracy.

EXPLOSIVE STAMMERING.

These cases, in attempting to speak, simply stand perfectly helpless, unable to make any movement, the facial muscles remaining perfectly quiet. After a longer or shorter period of this complete hesitation, they suddenly begin the sentence with a violent gush of words, perhaps to the close of the sentence, or they may stop several times in one sentence. The distinct-

ive features of this class are the complete stop, in which no noise or movement is made, and the sudden, explosive beginning, followed by very rapid speech.

STUTTERING.

The stutterers behave in an entirely different manner. Before pronouncing the first word or syllable of a sentence a peculiar twitching of the muscles about the mouth and tongue precedes the utterance, sometimes as long as thirty seconds. After they get started with a sentence they are sometimes able to complete it without any noticeable defect of speech; but more often they are obliged to stop before each word, making many ineffective efforts to pronounce it.

It is this unfortunate class of persons that have to bear the cruel ridicule and cheap witticisms of the thoughtless humorists, who think they have said something funny when they have caricatured the misfortunes of others.

CONTORTIONISTS.

This class of stammerers, in attempting to speak, not only make many false and eccentric movements of the vocal organs, but often the legs and arms are thrown into violent spasms. The most commonplace remark may begin with a ridiculous pantomime of wild gestures, rapid stamping of the feet, and facial contortions horrible to witness. One word will be pronounced in a low mutter, and perhaps the next word will be screamed out at the top of the voice. All intercourse with their fellow-man is practically cut off.

A SINGULAR CASE.

I received a letter in 1865 from a lady who desired to come to me for treatment for stammering. She had been treated by a specialist, who thought to overcome her impediment of speech by allowing her to sing her words instead of attempting to speak them. Acting under the ad-

vice of her physician, she had, for several years, sung every word she wanted to say. She stated in her letter that if she came to me she would have to sing her symptoms to me instead of speaking them. I answered her that she would be welcome to sing to me all she pleased. I could hardly repress my laughter in listening to the description she gave me of her case after her arrival, singing every word of it in a high, clear soprano voice. She had quite a colloquy with the colored porter on her arrival in trying to get him to understand, in her song, who she wanted to see, the porter supposing that she was either drunk or crazy. In one hour after her visit to my office she was able to speak with perfect ease, and in taking leave of us she laughed heartily at the ridiculous sensation she created on her first arrival.

Some specialists undertake to treat this impediment of speech by teaching the patient to beat time with the hand or foot, speaking the words only at regular beats. While practicing at Lancaster, Pa., a gentleman called to see me who had been treated by this method at some Eastern institution. I asked him to be seated, inquiring what I could do for him. Before he commenced his reply he began beating four-four time with his right hand, striking his knee at each beat, pronouncing, in monotonous regularity, the following words: "I—some—times—have—to—strike—hard—be—fore—I—can—get—the—words—out." He declared it was quite impossible for him to speak without either striking his knee or nodding his head. Others who have been similarly treated, or have fallen into the habit of their own accord, stamp the foot on the floor at each word, or rub the hands together, and many other foolish movements.

ONLY A HABIT.

Perhaps the reader will say: "Oh, well, if stammering is only a habit, I can cure myself.

I will just quit it by force of will power. I do not need Dr. Hartman or anyone else to cure me." It does seem so, and I have met many people who had cured themselves, and I believe anyone can quit stammering if he only will try hard enough; but, unfortunately, it is very difficult to break away from a habit so strong. Bad habits are numerous and very damaging to health and good morals. The habits of drinking whisky, beer, coffee and tea, chewing tobacco, smoking, snuffing, opium eating, swearing, deceiving, flattering—all these are habits, and some of them are very injurious to health. Many assert their powers and quit these habits, but many more fail utterly and go from bad to worse. Exactly so it is with the stammerer. He tries hard and fails. He must then have help or he goes on through life with his impediment to speech rendering him almost entirely unfit for many of the duties and blessings of life. It is easy for the Rev. Sam Jones to say: "Quit your meanness," but it is not so easy for the average person to quit. Habits fix themselves so firmly that only few people are able to get entirely rid of them when once formed. This is especially true when the habit produces a nervous derangement, weakening the will and destroying self-confidence. The chronic stammerer becomes morbidly sensitive in regard to his habit, and soon comes to believe himself hopelessly its victim.

TREATMENT.

I do not want any one to come to me for treatment unless he has first convinced himself that stammering is nothing more than a habit. Then I will have no trouble to cure him in one hour. I have never failed in a single case. I have had cases, however, that it took me as long to convince them that their trouble was nothing but a habit as it did to cure them of stammering. I must, therefore, insist on every one to thor-

oughly convince himself before he comes that I am right in saying that stammering is a habit. Unless he is so convinced I will not treat him, and his visit here will be for nothing. My time is too valuable to be spent in needless arguments and explanations, and when stammering patients insist on this I charge \$1.50 for every minute consumed.

CHARGES.

I also want you to understand clearly all about the charges as below given, that they are cash, as stated. I can not spare the time to discuss anything when you come here, except to treat you. Some want to put the money into the bank, to be paid in case a cure is effected, so that, if the patient sees fit to stammer after he is treated in order to keep from paying, he can do so, and quit stammering after he has gone home. I have had this trick played on me several times years ago; but I am now too old for such things. I formerly charged \$500.00 for one hour's treatment, but as this debarred all poor people from my treatment I have reduced the charges to \$100.00, which must be paid in cash when ready to commence the treatment.

I want each stammering patient to feel the absolute necessity not only of having confidence in me, but of obeying me while under treatment in every particular, just as a small school boy obeys his teacher. This is necessary to a grand success. I also want him to feel that it is the only way to get the value of his money. I would not, for any amount, treat a person who would all the while be thinking that if the treatment did not succeed it would not cost him anything. I want him to feel that he has paid me for my time, and not for a cure, and hence the importance to him of getting all out of the hour he can. These are my only terms to stammerers. It is the hardest hour's work I ever do. I never give so much time and labor for the same

amount of money in any other case. I would rather straighten twenty cross eyes, or operate on a half dozen cases for cataract, than treat one stammerer for an hour. It is true, however, that hundreds of cases are perfectly master over their stammering before I have them half an hour under treatment. A one-armed veteran brought his eleven-year-old son to me. He was a terrible stammerer, and before I had treated him fifteen minutes he said to his father: "I am well; I understand it all; I am cured; I'll never stammer again." His father did his best to persuade him to go over the whole course, but he refused, and no persuasion would induce him to spend another minute under treatment. I advised his father to take him to the court-house and introduce him to the lawyers and the judge and to every prominent person he would meet. This, I said, would make him stammer if anything would. His father called again some three or four hours later, and told me he had done as I had told him to do, but his son went through every ordeal without a slip or the least hesitancy.

RELAPSE.

Some fifteen years ago I treated a man by the name of Wagoner. Six weeks after I had treated him he took typhoid fever, which confined him to bed for two months, and then he stammered again as bad as ever. He said he tried to think what I did for him when I treated him, but he could not recall a single item of the treatment: so he came to see me, and, after he had registered his name, he tried to ask the clerk where my office was, but, for the life of him, he could not articulate one syllable. The clerk, surmising his business, said to him: "You want to see Dr. Hartman?" Mr. Wagoner nodded. The clerk showed him in, and I at once recognized him, and while I did not for a moment suspect that he was again stammering, I extended my hand and said: "How are you, Mr. Wagoner?"

I said this in the way I speak to stammerers. He grasped my hand in both of his and squeezed it so hard that I tried to extricate myself from his grip. He laughed and laughed like a lunatic. I said to him: "What is all this fun?" "Oh!" he said, "how are you, Mr. Wagoner, is its cause. Ask the clerk what I tried to say to him," and he continued to talk the same as though there never had been anything wrong with his speech. He then explained that he had forgotten, through having had typhoid fever, everything I had taught him, but that the way I spoke the words, "How are you, Mr. Wagoner?" brought everything back to him as fresh as if it had been but yesterday that I had taught him how to speak. This is all the explanation I will give the reader of my treatment until he comes here and sees the treatment develop itself as we pass, step by step, from the commencement of my method to the end.

PLAN OF TREATMENT.

I have often been asked by letter to give some idea what my plan of treatment is, and almost insisting on my doing so. I have sometimes yielded to these entreaties and made some explanation regarding it, and every time I did so it made my treatment more difficult. The patient was prepared to anticipate what was coming next, and by his inquiries consumed much of my time without compensation. Again, I have received letters from poor washerwomen begging me to tell them how or what they can do themselves at home to cure a little daughter, or perhaps a son, declaring they never could come to see me, a preacher or some good person perhaps interceding for her; so that not to do something for them would seem cruel. In every case that I complied, no matter how fully I explained every particular, the result was a complete failure. In some of these cases, through the assistance of friends or the church, the little unfor-

tunates were brought to me for treatment. Through the instructions I had sent them (and through those who endeavored to carry out my instructions) they were so spoiled that it took twice as long to treat them as it would have taken me had they come here without any previous knowledge of my treatment and without an effort at treatment having been made at their homes. Hence it is that, in the future, I will make no explanation whatever as to my methods or means used in treating cases of stammering.

MUST NOT EXPECT.

Those so afflicted must not expect to get cured of this habit without an effort on their own part. Stuttering, stammering, lispings, or any impediment of speech, is a most grievous misfortune to anyone; it deprives them of the pleasures and enjoyments of the social circle; renders them incapable of entering into business or engaging in any profession, painfully embarrassing in the presence of strangers; in short, it utterly incapacitates and unfits them for pursuing any of the higher callings of life; and, therefore, they should feel most willing to make any sacrifice within their power to get rid of such a barrier to success in business, in love, marriage or pleasure. I never treated a person who did not declare, after I was through with the treatment, that he would not for all the money he was worth be back again where he was and remain a stammerer all through life. A hundred dollars is a big sum of money for a poor washerwoman to pay to have a child cured of stammering; but it is not half as large an amount as the amount of sorrow she carries in her heart in contemplation of her child's journey through life, with the hindrance accompanying it, which must compel it to be satisfied with a crum instead of a loaf, with a penny instead of a dollar; to take a back seat instead of one in the front; to follow in-

stead of leading; to labor hard with the hands instead of merchandising or following one of the higher professions. Ten thousand dollars, if you have it, is no object when you compare it with being cured of stammering; hence you should feel quite willing to make any effort within your power to rid yourself of such a grievous habit.

PRACTICE.

It is true the great majority will never stammer at another word fifteen minutes after treatment is begun; but there are some who will have to follow my methods for a week after my treatment has been given, and I have had cases who had to practice my principles for nearly a month. I never had a case who had to continue them longer than two months, except a Mr. R. from the eastern part of this State. He was the very worst stammerer I ever met in my life. He stammered at every word, and never could speak a single word without stammering. He had never tried to sing. He was very smart, had educated himself at home during leisure hours and while at work, and had read to himself every book he could get, but had given up all hopes of ever being able to read aloud. I spent two hours on him. We were both almost exhausted, and had been only partially successful. He did not have to stammer after the treatment, but he could not pronounce a syllable that contained the sound of s or c soft, except by putting a short spiral spring between his upper and lower teeth that I took out of an old door lock that was lying in the corner of the room. With the assistance of this spring, placed between his front teeth, he got along very nicely. He agreed to persevere with the principles I had given him until he was completely master of all his former impediments, and agreed to report progress to me once a month. He did so, and every time he wrote he declared he was on the highway to triumphant success. At the end of six months he wrote

that he had conquered and that he was reading law, having commenced a week before; that he was attending a debating society, and, if he had to say it himself, he has been vanquishing all his opponents. He is now a prominent lawyer in Kansas and one of its most eloquent public speakers.

I find, however, the older a stammerer is the harder he is to cure. I do not like to treat one who is over thirty, and when over forty-five I refuse to treat him absolutely. I do not treat children under eight years, and then only providing they can read English well. I can and have cured every child I have ever undertaken to treat, even before they could read and when not over four years old, but it takes too much of my valuable time, and for that reason I no longer treat them when younger than eight.

I have not accepted any certificates from this class of cases for a long time, but find the following in an old circular of mine. They may have changed their location; in which case your letters will be returned if you so mark the envelope:

Stammering is a very grievous impediment of speech to any one. Dr. S. B. Hartman, who was in Canton, O., the first part of March, 1879, can cure it. His methods of treatment and the principles they involve are so rational and philosophical that, if faithfully followed, can not fail to effect a cure. I say this from the effect his treatment had on a little daughter of mine who had stammered for nine years.

REV. E. ELLISON, Canton, O.

Dr. S. B. Hartman—My Dear Benefactor: I am happy to inform you that your one hour's instruction has enabled me to talk perfectly, and the only thing I can compare my feelings to is to one who has long been in prison and was suddenly released. You can never know how grate-

ful I feel toward you. With heartfelt thanks, I
am yours most sincerely, OZRO LULL,
Eastmanville, Ottawa Co., Mich.

Dr. S. B. Hartman—Dear Sir: Your method
for curing stammering and stuttering is infalli-
ble. I have talked perfectly ever since your
short instructions. I am the wonder of all my
friends, and all I can say is, God bless you.

Gratefully yours, GEO. WAGNER,
St. Johns, Mich.

From the St. Louis Globe-Democrat, Feb. 25.

A young man of about twenty-two years of
age—a telegraph operator—was next seen. He
declined to give the reporter his name, as he
feared persons might visit him, which he ob-
jected to, as in the telegraph office it is a viola-
tion of the rules to receive visits. He said, how-
ever, that if anyone doubted his cure, and has to
see in order to believe, they could get his address
from Dr. Hartman. One week ago this young
man stuttered so badly that he could not utter
two words without breaking down. Now he con-
verses with ease. Had the reporter not known
of his case he could not have told that his speech
had ever been affected.

August Stumborg, aged eighteen years, resid-
ing at 523 South High St., stammered frightfully
when he went under Dr. Hartman's treatment.
It was with much difficulty that he could speak
at all. He was very skeptical at first, and had
little confidence in the doctor's ability to cure
him. He was first treated December 25, and now
he is entirely cured and talks fluently.

William Harris, seventeen years of age, who
resides with his father, John Harris, at 1526 Aus-
tin street, stammered so badly that he could not
utter three words without breaking down. This
was only two weeks ago, when he first visited
Dr. Hartman. He now converses fluently, and
can read with comparative ease. Last night he

was able to give utterance to a well-spoken speech of thanks to Dr. Hartman.

William Boat, 1503 South Tenth street, was an inveterate stammerer. Dr. Hartman treated him some ten days ago, and the improvement he has made is astonishing. His parents, as well as himself, are delighted with the result of Dr. Hartman's treatment.

From the St. Louis Post-Dispatch, March 24.

Franklin Lampel lives at 1113 Chouteau avenue. He is a son of the brewing firm of Wainwright & Co., and says himself that he has been a hard stammerer "ever since he can remember." He went to Dr. Hartman four weeks ago, and now talks as glibly as the best. He says he feels confident that any stammerer can be cured by Dr. Hartman.

From the New Orleans Times-Democrat.

A beautiful little lass of fourteen summers, beaming with mirth and cheerfulness, called on Dr. Hartman the other evening, in company with her mother. "This, my daughter, stutters very badly," said the mother; "but for which we would have all our hearts could wish." Dr. Hartman talked to the little lady, but every word she spoke was painful to listen to on account of the painful effort she made in stuttering it out. "Oh, doctor, can you cure her?" said the mother. The answer was, "Yes." Dr. Hartman treated her and cured her in less than an hour.

Anyone doubting the above statement can, by calling on Dr. Hartman, get the lady's name and address.

Mr. Gust Hire, Cleveland, O., says that ever since he remembers he has had an impediment in his speech, which was variously named stuttering, stammering, hesitating, faltering, etc. He took treatment of Dr. Hartman, and in less than an hour he talked as fluently and distinctly as anyone, and has done so ever since.

Mr. Daniel Drew, of 116 Fulton street, Cleveland, has been a terrible stammerer for the last eighteen years. It was difficult for him to speak a single word without stuttering. Dr. Hartman treated him for one hour, and now he speaks as well as anyone.

Mr. Peter Dolheimer's niece, thirteen years old, was a great stutterer. Dr. Hartman treated her only fifteen minutes, and she could talk as distinctly and nicely as any other young lady. Nothing can be so surely done as the curing of this habit; there can be no failure.



